

Find the Magic in Your

# Sun Sign



## WHAT MORE CAN YOU LEARN ABOUT YOUR SUN SIGN?

Did you know that at the exact moment you were born, the Sun, Moon and planets were aligned in a unique way that sets the tone for your life and holds the key to the magic that is the essence of you? You probably know your Sun Sign. That's the sign of the Zodiac that most people know. It's where the Sun was in the sky on the day you were born. The Sun stays about 30 days in most signs and it's usually the 20th of one month to the 21st of the next month. For example, I am a Sagittarius Sun, with my November 27 birthday. To explore more about your Sun Sign, read on!



*The Sun represents your key essence, how you like to "shine" and express yourself, your creative life force and your ego.*

## Learn Qualities, Wellness Tips & Crystal Support for Your Sun Sign

**Aries** – Pioneer, energetic, assertive, independent. Likes freedom and blazing new trails. “Headstrong” Aries Suns will want to find ways to relax the mind and clear your head. Crystals – Garnet. Bold, red and passionate. Any red gemstone will support you.

**Taurus** – Trustworthy, stable, earthy, affectionate. Likes comfort, sensuality and beauty. Watch your sugar intake, spend time in nature and enjoy a spa day or yoga to relax. Crystal: Rose Quartz. Soft, healing & compassionate. Any pink gemstone will soothe you.

**Gemini** – Communicative, versatile, witty, intellectual. Likes: banter, socializing, conversation. Rest when you are tired, with a healthy routine for balance. Gentle massage with calm music. Crystal: Agate. Attracts strength and vitality. Agate comes in lots of colors, so play with it!

**Cancer** – Nurturing, deep, sensitive, loyal. Likes alone time, cooking at home and close friends. Wholesome food and regular meals. Long baths to relax and core work such as Pilates is good. Crystal: Moonstone. Inner clarity, emotional stability. Soothes stress and enhances intuition.

**Leo** – Cheerful, warm, dramatic, colorful. Likes attention, creative expression, playfulness. Watch over-indulgence in rich food and wine. Dance or martial arts workouts are great. Crystal: Citrine. Restores the mind & helps with a positive outlook and confidence.

**Virgo** – Meticulous, helpful, critical. Likes organization, serving others, feeling safe. Put “relax” on your To Do List. Enjoy short workout sessions and pressure-point massage. Crystal: Jade. Brings peace, calm and harmony and aids decision-making.



**Libra**- Adaptable, balanced, artistic, diplomatic. Likes beauty, balance, peace and calm. Watch over-eating and exercise regularly. Tai chi with others. Deep-tissue massage. Crystal: Lepidolite. Fosters inner peace & harmony. Contains lithium to calm jangled nerves.

**Scorpio**- Passionate, deep, wise, investigative. Likes magic, inner exploration, transformation. Needs a healthy outlet for stress, such as boxing or cycling. Hot stone massage is best. Crystal: Obsidian. Protects in emotional overload, and provides stability in high stress times.

**Sagittarius**-Forthright, adventurous, enthusiastic, optimistic. Likes travel, teaching, exploring. Watch energy levels and don't get depleted. Try outdoor training, such as walking or hiking. Crystal: Turquoise. Fosters self-awareness and has a balancing quality. Improves the senses.

**Capricorn** – Dependable, serious, reserved, disciplined. Likes music, networking and reading. Learn to relax and watch for signs of depression. Get enough light during the day. Long walks. Crystal: Carnelian. Focus, personal power, and courage. Assists in decision-making, patience.

**Aquarius** – Rebellious, authentic, detached. Likes invention, creative work, humanitarianism. Needs lots of fresh air, sleep and regular exercise. Training systems with cardio are great. Crystal: Lapis Lazuli. Aids peaceful sleep. Promotes clarity, wisdom and mental insight.

**Pisces** – Compassionate, imaginative, loving, intuitive. Likes dreaming, the arts, spirituality. Avoid escapism and take care of your feet. Enjoy dancing, swimming and reflexology massage. Crystal: Opal. Fosters integrity, and ignites your imagination. Doorway to spiritual awareness.

**Note: if you can't find the specific crystal or gemstone listed, find one in a similar color. It will usually have similar properties and may work just as well! Certain Agate stones and Quartz crystals come in a variety of colors and are very inexpensive. Play around with it and let a crystal pick you at your favorite rock shop or metaphysical store.**





Allow your Sun Sign to give you permission to be who you are as a spiritual being. **You can also plug into your emotional self with your Moon Sign.**

With a basic natal chart reading, you will learn more about your Sun, Moon and Rising Sign.

CONTACT ME TO SCHEDULE YOUR OWN  
ASTROLOGY READING.



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Intuitive - Astrologer  
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